

# Dynamic Warm ups (DW)



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# Preparatory Drills (PD) per Army FM 7-22, Chapter 8

Table 8-1. Preparation drill

1. Bend and reach	5-10 repetitions, slow
2. Rear lunge	5-10 repetitions, slow
3. High jumper	5-10 repetitions, moderate
4. Rower	5-10 repetitions, slow
5. Squat bender	5-10 repetitions, slow
6. Windmill	5-10 repetitions, slow
7. Forward lunge	5-10 repetitions, slow
8. Prone row	5-10 repetitions, slow
9. Bent-leg body twist	5-10 repetitions, slow
10. Push-up	5-10 repetitions, moderate

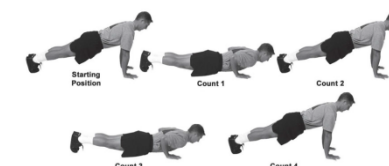
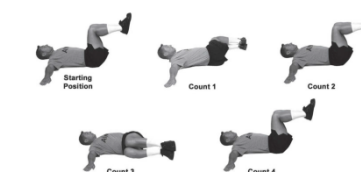
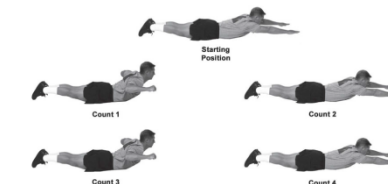
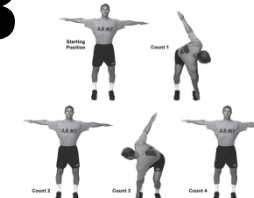
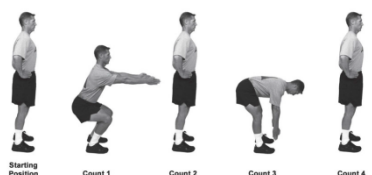
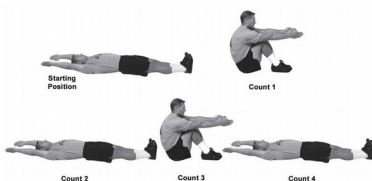
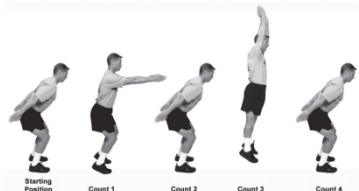
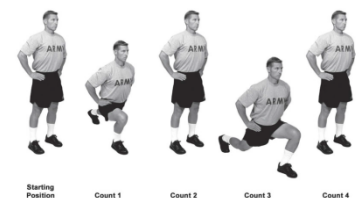
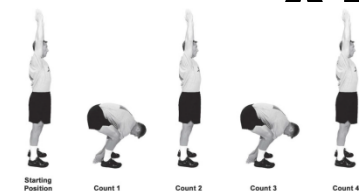
# Preparatory Drills (PD) per Army FM 7-22, Chapter 8

## Left column, top to bottom:

- Bend and Reach
- Rear Lunge
- High Jumper
- Rower
- Squat bender

## Right Column, top to bottom:

- Windmill
- Forward Lunge
- Prone Row
- Bent-leg body twist
- Pushup



# Movement Preparation per RAW

**Purpose:** Bring metabolism from rest to exercise levels, loosen the major joints and muscle groups, prime nerve-to-muscle messages that improve total-body coordination – all in preparation for any physical activity that follows.

**Utilization:** Before each PT session in all phases. Movement prep should be completed in about 10 minutes.

**Execution:** Calisthenics may be performed in an extended, rectangular formation for large groups or in a circle for squads. Perform 3-5 repetitions for each exercise, beginning with slow movements through an easy range-of-motion, adding just a little speed and range-of motion with each repetition. Perform the movement drills as indicate below, using an extended, rectangular formation.

**Calisthenics:** The last four movement drills are performed over a 20 meter distance.

**Rest and Stand:** Pause as need between exercises to avoid fatigue.

**Around the World:** After movement prep, the body should be warm, loose and primed for intense activity – but not fatigued.

Squat

Windmill

Leg Whips

Balance and Reach, Rearward

Pushup+/Pushups/Rotations

Squat-Reach-Jump

**Movement Drills**

Side Step Lunge (5 reps then reverse)

Corkstrew Lunge (5 reps then reverse)

Walking Lunge & Reach (10 steps each leg)

Walking Bend and Reach (10 steps each leg)

Verticals (down and back)

Laterals (down and back)

Crossovers (down and back)

Shuttle Run (down-back-down)

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# Movement Preparation per RAW: Calisthenics (3-5 reps each)

## Bend and Reach



- Start and finish with the arms overhead, abs engaged; don't lean backward.
- At the bottom of the movement, knees are bent, back round, head down looking and reaching between legs.
- Perform at a slow cadence.
- Perform 3-5 repetitions.

## Squat



- Start and end with the arms in the ready position.
- Squat so that the knees are aligned over the toes, heels are down, the back is straight, the head and chest are up.
- Perform 3-5 repetitions.

## Around the World



- Start and finish with the arms overhead, abs engaged.
- Perform slow, continuous, circular movements, especially stretching the side of the trunk.
- Perform clockwise and counterclockwise.
- Perform 3-5 repetitions.

## Windmill



- Start in a wide stance with the arms to the side at shoulder level.
- Begin to squat, then rotate the hips and trunk to reach toward the opposite foot.
- Stay balanced, with slightly more weight on the side of the reach.
- Keep the head and chest relatively up.
- Perform 3-5 repetitions.

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# Movement Preparation per RAW: Calisthenics (3-5 reps each)

## Leg Whips



- Start and finish with the arms overhead, abs engaged.
- Perform slow, continuous, circular movements, especially stretching the side of the trunk.
- Perform clockwise and counterclockwise.
- Perform 3-5 repetitions.

## Pushup +/- Pushups/Rotations



- Perform the PU+ (top two pictures on the left) with the elbows straight, with the movement occurring through the shoulder blades.
- Perform 10 pushups.
- From the top of the PU+ position, raise the left hand toward the sky, pause for one second, then return to the starting position and switch sides. Feet are 12" apart on first rep, 6" on second rep, together 3<sup>rd</sup> rep.
- Keep the trunk straight and abs tight throughout.
- Perform 3-5 repetitions.

## Balance and Reach



- From a single-leg stance, reach back with the other leg while counter-balancing with a forward lean of the trunk.
- The stance knee remains centered over the ball of the foot; do not let the knee waiver side-to-side.
- If the left leg is reaching back, the left arm is reaching forward.
- Perform 3-5 repetitions.

## Squat-Reach-Jump



- Perform 5 squats as per the guidance for the squat exercise
- Perform 5 reaches by rising out of the squat onto the toes and reaching overhead
- Perform 5 jumps. Landings should be soft (balls of the feet first, then sinking to heels), with impact absorbed by plenty of bend of the hips and knees. Keep the feet shoulder width apart or less. Do not allow the knees to buckle inward or outward upon landing.
- Perform 3-5 repetitions.

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# Movement Preparation per RAW:

## Movement Drills

Side Step Lunge



- Squat first, then stay in the crouch and step to the side. A slight stretch should be felt in the groin as the trail leg straightens.
- Stay in the crouch with the trunk upright and bring the trail leg back to the squat position.
- After 5 side-steps, stand up to recover for a couple seconds, then repeat in the opposite direction.

Walking Lunge and Reach



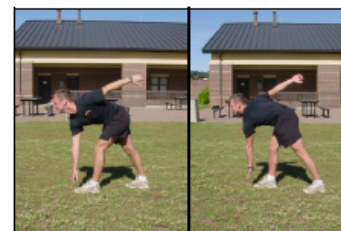
- Perform a full forward lunge, keeping the trunk upright and the abs tight.
- Rotate the trunk toward the side of the forward leg and sink into the lunge position. A stretch should be felt in the hip flexors of the rear leg. Pause in this position for just 1-2 seconds.
- Rise out of the lunge using the power of the front leg, then step through to perform the exercise on the opposite side. Perform 5 lunges with each leg.

Corkscrew Lunge



- Step to the rear with the trail leg, crossing it behind the forward leg.
- Leaving the legs in place, rotate the trunk back to the front (3<sup>rd</sup> picture), as you sink into a squat. A stretch will be felt in the glutes of the forward leg.
- Return to the starting position by pushing off the front leg. Perform 5 repetitions on each side.

Walking Bend and Reach



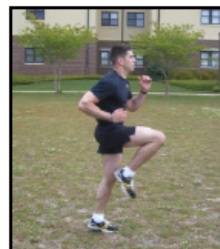
- Step forward with the leg while bending forward at the waist.
- Keep the trunk as straight as possible while reaching toward the opposite foot. A gentle stretch should be felt in the hamstring of the forward leg.
- Rise slowly out of the stretch, then step through to perform the exercise on the opposite side. Perform 5 reps with each leg.

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# Movement Preparation per RAW:

## Movement Drills

### Verticals



- Also known as the high-knee drill. Take short, quick strides, stay on the balls of the feet. The knees rise to waist level.
- Use strong arm action. The elbows stay bent at 90 degrees and reach well to the rear during the backswing. The hand of the forward arm moves to about chin level.
- Keep the trunk perpendicular to the ground.
- Perform over 20 yards, down and back.

### Crossovers



- Same starting position as laterals, but move laterally with crossover steps. The trail leg crosses first to the front, then to the rear
- The arms stay in the ready position or move counter to the leg crossover.
- Let the hips swivel rather than holding the trunk and pelvis stiffly.
- Perform 20 yards in each direction.

### Laterals



- Start in the power stance crouch, on the balls of the feet. Move laterally with shuffle steps
- Keep the feet directed to the front.
- Keep the back straight, the shoulder blades pulled slightly to the rear, and the hands in the ready position.
- Perform 20 yards in each direction.

### Shuttle Run



- Run at a moderate pace to the 20yard line and back, staying with the squad leader, then on the last 20yard segment, release into an 80% effort sprint.
- Always turn in the direction of the squad leader by making a half turn and crouching at the line, taking care to stay balanced and avoid twisting of the knees and ankle.

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# More Dynamic Warm Up (DW) Exercises

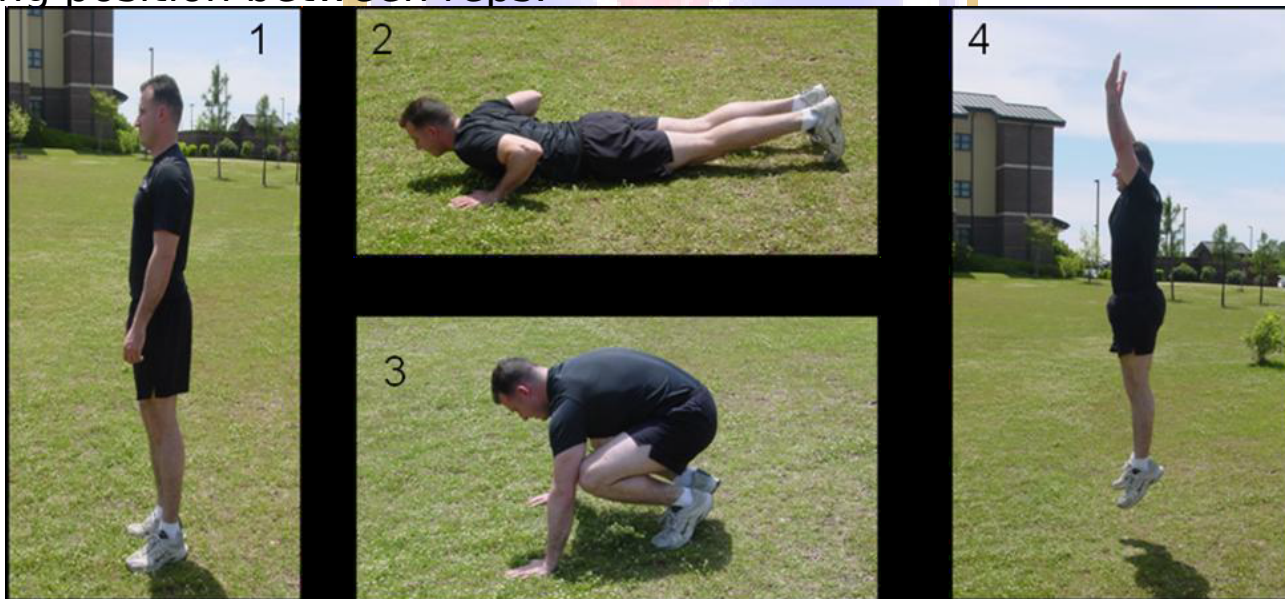


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# BURPEE

**Purpose:** Elevate heart rate, full body conditioning, stability, and explosiveness

**Technique:** From a regular stance (1) perform a modified squat thrust. Do not stop in the front leaning rest position. Instead drop directly into position (2) above. Jump quickly into the power position (3) and, without pause, jump forcefully, extending the arms overhead (4). Land back in the power position (3). Stick the landing and return to the starting position for the first 3 reps, then perform 8-10 continuous reps. For the continuous reps, do not return to the starting position between reps.



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# Spiderman with Reach or Standing Cross

**Purpose:** Opens & stretches hips, mobilizes thoracic spine, stretches pectorals/shoulders

**Technique:** Lunge forward (stay very low to the ground for Spiderman; stay mostly upright for Cross). If able, place the elbow of same side as forward foot on the ground just inside your foot. If unable, place hand flat on the ground next to foot. Lastly, rotate your trunk and reach upward as far as able. Repeat until desired reps are completed on both sides. *Note: as a variation, you can remain in the forward lunge/spiderman position and alternate trunk twists to both sides before switching to other leg.*



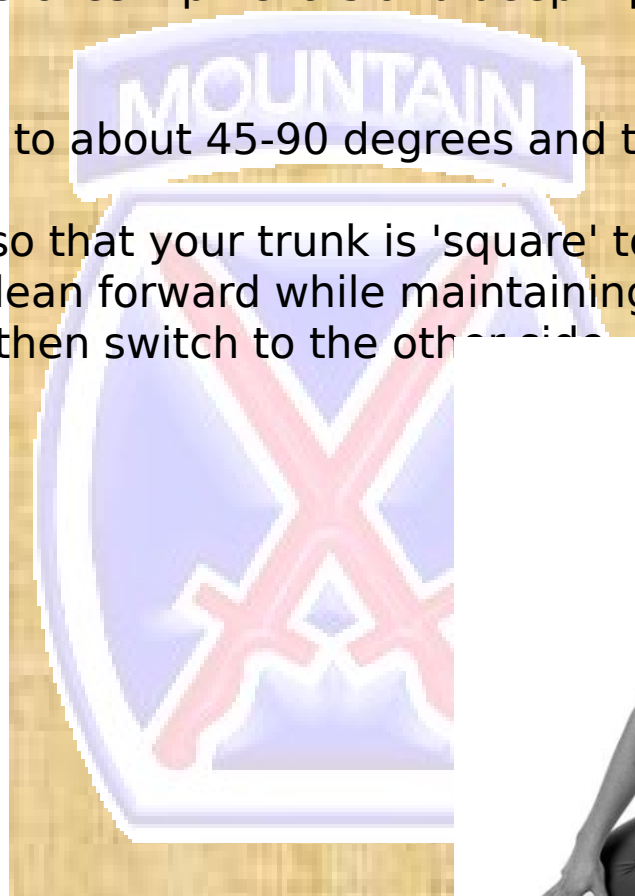
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## Active, alternating Pigeon

**Purpose:** opens hips, stretches hip flexors and deep hip rotators/glutes

### Technique:

- Sit with one knee bent to about 45-90 degrees and the other leg extended behind
- Roll your body weight so that your trunk is 'square' to your legs
- Lower your pelvis and lean forward while maintaining good posture. Hold for a few seconds and then switch to the other side
- Repeat x10 each leg



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# Mr. Sweeney's POSE Running Class Dynamic Warm Up Sampler

## TOE SWEEPS

- With the knee/back straight, reach down to the toes as you walk forward (hamstring/calf stretch)
- Repeat \_\_\_\_\_ times or \_\_\_\_\_ feet/yards.



## MONSTER KICKS

- Keeping your knee/back straight, kick up towards your hands at shoulder height (hamstring stretch).
- Repeat \_\_\_\_\_ times or \_\_\_\_\_ feet/yards.



## QUAD REACH

- Pull the heel towards the buttocks to stretch the quads, then reach forward as you walk.
- Repeat \_\_\_\_\_ times or \_\_\_\_\_ feet/yards.



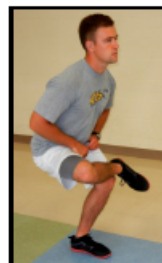
## KNEE HUGGERS

- Pull your knee to the chest as you walk. You may also push up on the toes to work the calf as able.
- Repeat \_\_\_\_\_ times or \_\_\_\_\_ feet/yards.



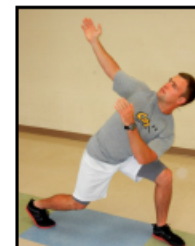
## THE FINEBERG

- Cross you leg over the thigh and squat until you feel the buttocks stretch.
- Repeat \_\_\_\_\_ times or \_\_\_\_\_ feet/yards.



## THE ATLAS

- Lunge forward (left), then with the opposite arm (right) reach toward the ceiling as you twist.
- Repeat \_\_\_\_\_ times or \_\_\_\_\_ feet/yards.



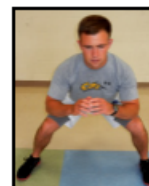
## ITB SIDE LUNGE

- Cross the left leg over the right (tandem stance), then reach with the right hand to the left until you feel the stretch on the outer hip/thigh. Switch as you walk.
- Repeat \_\_\_\_\_ times or \_\_\_\_\_ feet/yards.



## LATERAL SQUAT TWISTER

- Performs a side squat, then turn the opposite direction. and repeat. Perform \_\_\_\_\_ times or \_\_\_\_\_ feet/yards.



BPS 14'